



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 14017, Alcoholic beverage, pina colada, prepared-from-recipe

Report Date: July 04, 2017 14:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.4g	1 cocktail (4.5 fl oz) 141g
Proximates						
Water	g	64.99	--	--	20.41	91.64
Energy	kcal	174	--	--	55	245
Energy	kJ	728	--	--	229	1026
Protein	g	0.42	--	--	0.13	0.59
Total lipid (fat)	g	1.88	--	--	0.59	2.65
Ash	g	0.14	--	--	0.04	0.20
Carbohydrate, by difference	g	22.66	--	--	7.12	31.95
Fiber, total dietary	g	0.3	--	--	0.1	0.4
Sugars, total	g	22.33	--	--	7.01	31.49
Minerals						
Calcium, Ca	mg	8	--	--	3	11
Iron, Fe	mg	0.21	--	--	0.07	0.30
Magnesium, Mg	mg	8	--	--	3	11
Phosphorus, P	mg	7	--	--	2	10
Potassium, K	mg	71	--	--	22	100
Sodium, Na	mg	6	--	--	2	8
Zinc, Zn	mg	0.13	--	--	0.04	0.18
Copper, Cu	mg	0.079	--	--	0.025	0.111
Manganese, Mn	mg	0.528	--	--	0.166	0.744
Selenium, Se	µg	0.7	--	--	0.2	1.0
Vitamins						
Vitamin C, total ascorbic acid	mg	4.9	--	--	1.5	6.9
Thiamin	mg	0.029	--	--	0.009	0.041

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz	1 cocktail (4.5 fl oz) 141g
					31.4g	
Riboflavin	mg	0.017	--	--	0.005	0.024
Niacin	mg	0.118	--	--	0.037	0.166
Pantothenic acid	mg	0.061	--	--	0.019	0.086
Vitamin B-6	mg	0.045	--	--	0.014	0.063
Folate, total	µg	12	--	--	4	17
Folic acid	µg	0	--	--	0	0
Folate, food	µg	12	--	--	4	17
Folate, DFE	µg	12	--	--	4	17
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	0	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2	--	--	1	3
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.01	0.03
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0	0.1
Lipids						
Fatty acids, total saturated	g	1.636	--	--	0.514	2.307
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.011	--	--	0.003	0.016
8:0	g	0.129	--	--	0.041	0.182
10:0	g	0.103	--	--	0.032	0.145
12:0	g	0.818	--	--	0.257	1.153
14:0	g	0.323	--	--	0.101	0.455
16:0	g	0.158	--	--	0.050	0.223
18:0	g	0.096	--	--	0.030	0.135
Fatty acids, total monounsaturated	g	0.082	--	--	0.026	0.116
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.082	--	--	0.026	0.116
20:1	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.4g	1 cocktail (4.5 fl oz) 141g
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.033	--	--	0.010	0.047
18:2 undifferentiated	g	0.027	--	--	0.008	0.038
18:3 undifferentiated	g	0.005	--	--	0.002	0.007
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	9.9	--	--	3.1	14.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0